



Colorectal cancer is the third-leading cause of cancer-related death of both men and women. The disease often has no signs or symptoms in its early stage. That is why screening is important to detect this type of cancer early. Discuss your risk factors and screening for colorectal cancer with your doctor today.

Should I get screened?

The risk of colorectal cancer increases with age. In 2011, 90 percent of colorectal cancer cases were diagnosed in people over the age of 50 years.

You should be screened if you:

- Are 50 years of age or older with average risk
- Have a health condition that causes inflammation of the bowel such as ulcerative colitis or Crohn's disease
- Have a family history of colorectal cancer
- Have polyps
- Have a genetic predisposition to developing polyps
- Have type 2 diabetes
- Smoke

How can I reduce my risk of getting colorectal cancer?

You can reduce your risk of getting colorectal cancer by:

- Eating a healthy diet rich in fiber, fruits and vegetables; limiting red and processed meats*
- Getting regular exercise*
- Managing your weight*
- Limiting alcohol
- Not smoking
- Visiting your doctor regularly

*Talk with your doctor before beginning a new diet or exercise program.

Reference: American Cancer Society — Cancer Facts & Figures 2015

Please Note: Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional.

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